

# Plastic-Free Challenge

## How to get started with the online Plastic-Free Challenge

The online Plastic-Free Challenge runs February 1 to 28, 2022. Sign up for the challenge at [hennepinplasticfree.ecochallenge.org](https://hennepinplasticfree.ecochallenge.org), or if you have participated in past challenges, log in and join the 2022 challenge. Here are steps to take after you sign up.

### Create your profile

Post a profile picture, add a profile banner image, and create a mission statement. You get points for completing each of these actions!

### Join or start a team

This could be with family, friends, or colleagues or people from your city, neighborhood, organization, community group, or school. Or join the community team and connect with participants throughout Hennepin County. See the information in the [resources section](#) for tips on starting a team and promoting the challenge to others.

### Browse the categories and actions

The challenge has more than 60 actions to choose from in seven categories. As you browse the actions, mark off what actions you already take and reflect on what actions would be the most impactful for your household.

### Commit to actions

Select up to five daily actions and five one-time actions to make progress on during the four-week challenge. One-time actions are investments or changes you commit to making long-term, while daily actions are choices you make more often – possibly every day, every few days, or every week – to build habits.

It also may help to start small by selecting just a few actions. Once you've made some progress on those, you can commit to additional actions as the challenge goes on.

### Log in regularly once the challenge starts

Once the challenge starts, log back in regularly to report what actions you take, see the impact of your actions add up, and connect with others in the feed. You'll also receive regular email updates with tips and resources.

Mark one-time actions complete once you've finished that task. For daily actions, you'll mark them as complete on the days you take that action.